

Tomato Basil and Bean Pasta Salad

Makes: 12 servings

Ingredients

- 1 pound** ziti pasta (or bow tie pasta)
- 2 tablespoons** vegetable oil
- 1/4 cup** vinegar
- 2 teaspoons** Dijon mustard
- 1/4 teaspoon** pepper
- 1 cup** fresh basil leaves (chopped)
- 3** tomatoes (large, coarsely chopped)
- 1 cup** kidney beans (cooked or canned drained, or try garbanzo beans or black beans)
- 1** cup mozzarella (or provolone cheese, cubed or shredded, optional)
- 1/2** cup walnuts (chopped, optional)

Directions

1. Cook pasta according to package directions. Drain and cool.
2. In a small mixing bowl, whisk together vegetable oil, vinegar, Dijon-style mustard and pepper to make vinaigrette.
3. In a large mixing bowl, combine pasta, beans, basil and tomatoes. Pour vinaigrette over top and toss together. Cover and chill at least 1 hour.
4. If desired, add nuts and cheese just before serving, tossing

Nutrition Information	
Nutrients	Amount
Calories	220
Total Fat	4 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	39 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

again to combine.

Notes

- Optional ingredients, walnuts and mozzarella, are not included in nutrition analysis and cost estimate.
- Add other fresh chopped vegetables such as cucumbers, peppers, small summer squash, carrots, broccoli or cauliflower.
- Use your favorite salad dressing instead of making your own.
- Use cooked rice or cooked, cut up potatoes in place of pasta.

Source: Connecticut Food Policy Council, Farm Fresh Summer Recipes